



# Get Moving!

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## **An American with Parkinson's Disease is walking 2,000 kilometers from the Pyrenees to Rome, Italy**

HONOLULU, HAWAII, USA: My name is Chris Dacus and I live in Hawaii.

In 2006, I started showing signs of having early onset Parkinson's Disease and was diagnosed in 2011. I retired in December of 2016 to take better care of myself. I was at the height of my landscape architecture career when Parkinson's Disease started to make my job more and more difficult. My hands which I use to type, draw and write became more and more inflexible until in mid 2016 I was reduced to 1-2 hours a day when I could function. It was readily apparent I had worked too long.

I had 4 neurologists and countless other medical staff and they all focused on medicines and surgical solutions. I spend hundreds of hours researching what works and doesn't work for Parkinson's disease since 2011 and I discovered a number of strategies which are proven to make a difference. I have taken the top 10 ideas which I have been living by the 10 Point 'Get Moving' plan and its working.

Understanding that others are in similar predicaments, I decided to share with the community the 10 Point 'Get Moving' plan.

I am walking 2,000 kilometers from the Pyrenees to Rome to inspire myself and others that it is possible for people with Parkinson's Disease to continue to challenge themselves.

### **About Chris Dacus**

Chris Dacus is a 53 year old American living in Hawaii with Parkinson's Disease. His Parkinson's Disease since 2006 and diagnosed in 2011. He is walking 2,000 kilometers from the Pyrenees to Rome, Italy from April 13, 2017 to July 5, 2017.

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